

Today is an Ozone Action Day!

Red Alert

Unhealthy Air Quality

Ground-level ozone is created when intense sunlight reacts with nitrogen oxides (NO_x) and volatile organic compounds (VOCs). High concentrations of ground-level ozone occur during hot, sunny days, when the flow of air is limited or stagnant and a mixture of VOCs and NO_x is present.

Ozone inflames and can damage the lining of the lung. It can also worsen bronchitis, heart disease, emphysema and asthma, and reduce lung capacity. Children, people who work outdoors or exercise outdoors regularly, the elderly, and individuals with pre-existing respiratory problems are most at-risk.



PERSONAL SOLUTIONS FOR OZONE POLLUTION:

- ✓ Brown bag your lunch to avoid mid-day use of your car.
- ✓ Take transit, carpool, bike, telecommute, or walk to work.
- ✓ Combine errands and limit driving.
- ✓ Avoid idling your car. (If you expect to idle for more than 30 seconds, you will save gas and reduce pollution by turning the engine off and restarting).
- ✓ Avoid drive-thru services; park your car and go into restaurants and banks, etc.
- ✓ Make sure your car is well-tuned.
- ✓ Do not mow your lawn or use other gas-powered outdoor equipment.
- ✓ Do not refuel your vehicle until after dark.
- ✓ Substitute low-VOC latex or water-based paints for oil-based paints, or avoid painting altogether.
- ✓ Replace aerosol and other household products that contain solvents with non-solvent based products.
- ✓ When air quality is in the unhealthy range, at-risk individuals should reduce outdoor activity.

Montgomery County Ozone Hotline: 240.777.7777